



OPEN WATER STANDARDS

WOMEN						MEN						
LCM		SCM		SCY		10&U	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		STATE	ZONE	STATE	ZONE	STATE	ZONE
3:00.39	3:20.99	2:54.99	3:15.99	2:38.39	2:57.39	200 Freestyle	2:47.99	2:31.59	3:05.69	2:47.79	3:12.09	2:53.39
6:14.89	6:51.09	6:01.69	6:38.59	6:53.39	7:35.49	400/500 Freestyle	7:26.99	6:43.39	6:31.19	5:52.99	6:44.59	6:06.59
LCM		SCM		SCY		11-12	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		STATE	ZONE	STATE	ZONE	STATE	ZONE
2:39.79	2:50.39	2:33.99	2:45.39	2:19.29	2:29.69	200 Freestyle	2:24.59	2:13.69	2:39.79	2:27.79	2:45.19	2:33.59
5:36.79	5:56.49	5:27.69	5:48.69	6:14.49	6:38.39	400/500 Freestyle	6:27.49	5:59.99	5:39.09	5:14.99	5:48.69	5:26.69
11:44.19	12:29.19	11:16.99	12:01.69	12:53.79	13:44.69	800/1000 Freestyle	13:30.19	12:37.29	11:49.09	11:02.59	12:15.19	11:25.89
22:22.99	23:55.39	21:24.29	22:59.19	21:32.09	23:07.29	1500/1650 Freestyle	22:37.49	20:58.09	22:29.59	20:50.49	23:25.49	22:10.19
LCM		SCM		SCY		13-14	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		STATE	ZONE	STATE	ZONE	STATE	ZONE
5:15.49	5:40.89	5:09.19	5:32.69	5:53.39	6:20.09	400/500 Freestyle	5:58.99	5:30.59	5:14.19	4:49.29	5:24.09	4:58.69
10:56.09	11:41.99	10:38.29	11:24.19	12:09.49	13:01.79	800/1000 Freestyle	12:23.89	11:23.99	10:51.09	9:58.49	11:13.99	10:17.69
20:58.59	22:23.09	20:12.29	21:35.69	20:19.59	21:43.19	1500/1650 Freestyle	20:43.19	19:11.09	20:35.99	19:04.19	21:27.39	19:46.79
LCM		SCM		SCY		OPEN	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		STATE	ZONE	STATE	ZONE	STATE	ZONE
5:04.49	5:32.89	5:00.79	5:25.59	5:43.69	6:12.09	400/500 Freestyle	5:45.99	5:15.79	5:02.79	4:36.29	5:09.89	4:46.39
10:32.39	11:28.39	10:24.69	11:13.89	11:53.99	12:49.99	800/1000 Freestyle	11:57.79	11:01.59	10:28.19	9:38.89	10:50.39	9:54.79
20:11.59	22:02.19	19:49.29	21:18.69	19:56.49	21:26.19	1500/1650 Freestyle	20:02.89	18:22.79	19:55.89	18:16.19	20:33.99	18:58.49